

**AMENDMENTS TO THE CLAIMS:**

Please replace the claims with the claims provided in the listing below wherein status, amendments, additions and cancellations are indicated.

1. (Currently amended) Method for improving the plastic deformability of high-strength molded objects of solid, metallic glasses from basic zirconium, titanium and hafnium alloys, ~~characterized in that~~ comprising introducing hydrogen ~~is introduced~~ into the molded objects at a concentration below that at which brittle hydrides are formed.

2. (Currently amended) The method of claim 1, ~~characterized in that~~ comprising introducing the hydrogen ~~is introduced~~ into the molded object by means of electrochemically charging in an aqueous electrolyte or by means of a gas phase reaction.

3. (Currently amended) The method of claim 2, ~~characterized in that~~ wherein the electrochemical charging is carried out at a temperature ranging from 15°C to 80°C.

4. (Currently amended) The method of claim 2, ~~characterized in that~~ wherein the gas-phase treatment is carried out at a temperature of at least 15°C up to

a temperature of 20°K above the glass transition temperature of the alloy of the respective molded object.

5. (Currently amended) Molded objects, produced according to one of the claims 1 to 4, ~~characterized in that~~ wherein the molded objects ~~contain~~ comprise hydrogen, which is distributed homogeneously in the amorphous short-range order structure and/or in the form of hydrogen-induced local accumulations of ductile alloying components and/or in the form of hydrogen-induced precipitation of ductile, nanocrystalline phases with exclusion of brittle hydrides.

6. (Currently amended) The molded objects of claim 5, ~~characterized in that~~ wherein the hydrogen is present at a concentration ranging from 20 to 1500 ppm by weight.

7. (Currently amended) The molded objects of claim 5, ~~characterized in that~~ wherein the hydrogen is present at a concentration ranging from 20 to 1000 ppm by weight.

8. (Currently amended) The molded objects of claim 5, ~~characterized in that~~ wherein the hydrogen is present at a concentration ranging from 20 to 800 ppm by weight.

9. (Currently amended) The molded objects of claim 5, ~~characterized in that~~ wherein the hydrogen is present in beryllium-containing molded objects at a concentration ranging from 20 to 650 ppm by weight.